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MAY 1938 • BULLETIN OF
THE NEW YORK ACADEMY OF MEDICINE

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FALKIRK IN THE RAMAPOS

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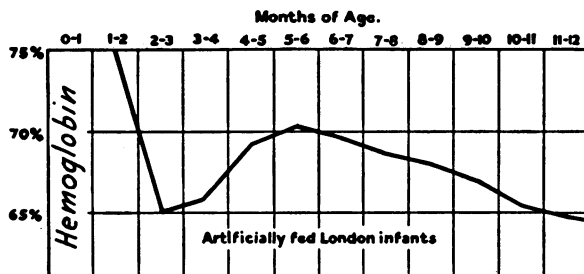
CENTRAL VALLEY • Orange County • NEW YORK

• THEODORE W. NEUMANN, M.D.
Physician-in-Charge

Nutritional Anemia in Infants

The accompanying chart of the hemoglobin level in the blood of infants is based on more than 1,000 clinical cases studied by Mackay. The sharp drop in hemoglobin during the early months of life has also been reported by a number of other authorities. It is noteworthy that this fall in hemoglobin has been found to parallel closely that of diminishing iron reserve in the infant's liver.

The usual milk formula of infants in early life further contributes to this anemia because milk is notably low in iron. It is now possible, however, to increase significantly the iron intake of bottle-fed infants from birth by feeding Dextri-Maltose With Vitamin B in the milk formula. After the third month Pablum as the first solid food offers substantial amounts of iron for both breast- and bottle-fed babies.



Reasons for Early Pablum Feedings

1. The iron stored in the infant's liver at birth is rapidly depleted during the first months of life. (Mackay,¹ Elvehjem.²)
2. During this period the infant's diet contains very little iron—1.44 mg. per day from the average bottle formulae of 20 ounces, or possibly 1.7 mg. per day from 28 ounces of breast milk. (Holt.³)

For these reasons, and also because of the low hemoglobin values so frequent among pregnant and nursing mothers (Coons,⁴ Galloway⁵), the pediatric trend is constantly toward the addition of iron-containing foods at an earlier age, as early as the third or fourth month. (Blatt,⁶ Glazier,⁷ Lynch⁸).

The Choice of the Iron-Containing Food

1. Many foods reputed to be high in iron actually add very few milligrams to the diet because much of the iron is lost in cooking or because the amount fed is necessarily small or because the food has a high percentage of water. Strained spinach, for instance, contains only 1 to 1.4 mg. of iron per 100 gm. (Bridges.⁹)
2. To be effective, food iron should be in soluble form. Some foods fairly high in total iron are low in soluble iron. (Summerfeldt.¹⁰)
3. Pablum is high both in total iron (30 mg. per 100 gm.) and soluble iron (7.8 mg. per 100 gm.) and can be fed in significant amounts without digestive upsets as early as the third month, before the initial store of iron in the liver is depleted. Pablum also forms an iron-valuable addition to the diet of pregnant and nursing mothers.

Pablum (Mead's Cereal thoroughly cooked and dried) consists of wheatmeal (farina), oatmeal, cornmeal, wheat embryo, brewers yeast, alfalfa leaf, beef bone, reduced iron and sodium chloride.

1-10 Bibliography on request.

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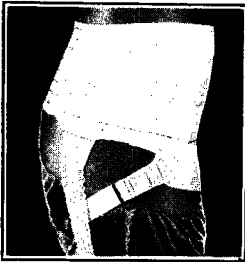
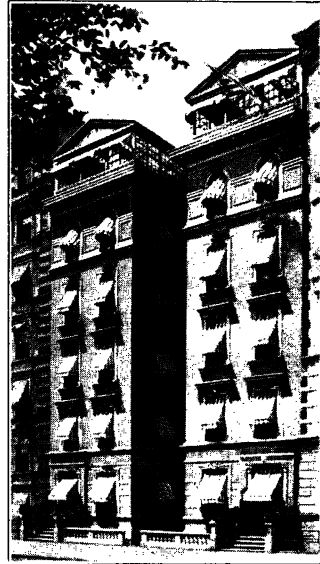
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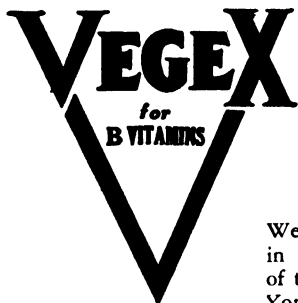
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growth and hemoglobin count results with test animals (Albino rats) using dried whole milk; (a) with Vegex; (b) with added copper and iron; (c) with added B_1 and riboflavin crystal, and (d) controls.

Chart I shows the typical, average final results with (a) dried whole milk and Vegex; (b) iron and copper and dried whole milk.

Chart II shows the typical, average results of (c) where B_1 and riboflavin crystals were added, and (d) the negative controls. One female and six males did not last out the sixteen weeks test. It is noticeable in the tests that the males (growth curves) show more growth than for the females.

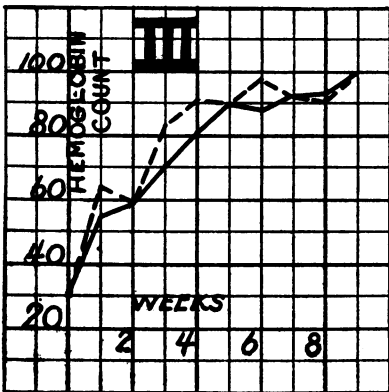
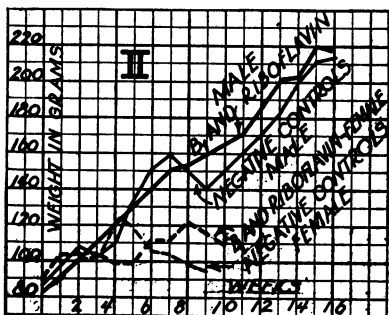
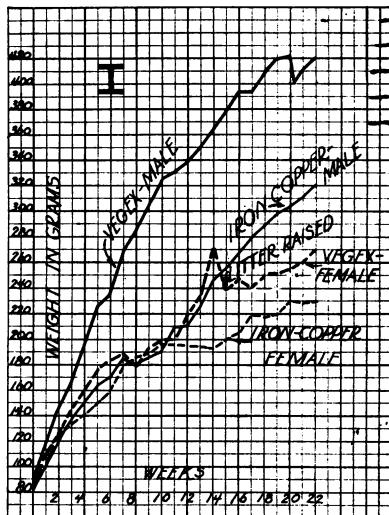
Chart III is the composite hemoglobin test of all of the males and all of the females shown in chart I. Separating these, the average hemoglobin count of all animals, for the eight weeks, with Vegex 96; with the iron and copper addition was 89. With both the control and the B_1 and riboflavin addition the hemoglobin count averaged around 10.

There was reproduction for one pair with dried whole milk and the iron and copper. The litter was not raised and no further reproduction. Chart I shows the litter raised with dried whole milk and Vegex.

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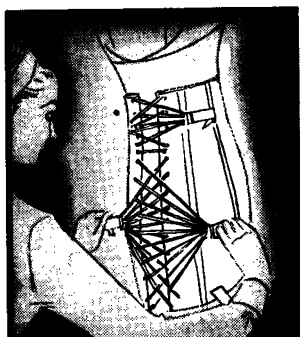
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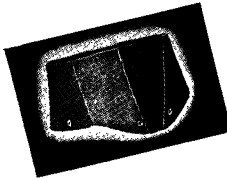
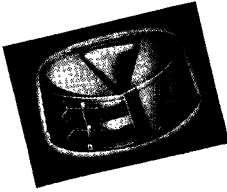
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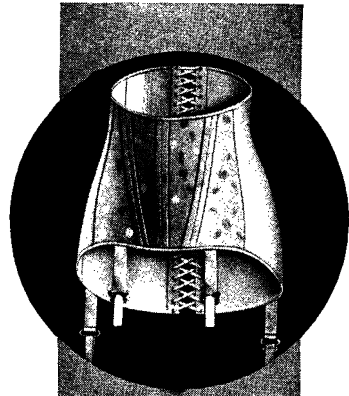
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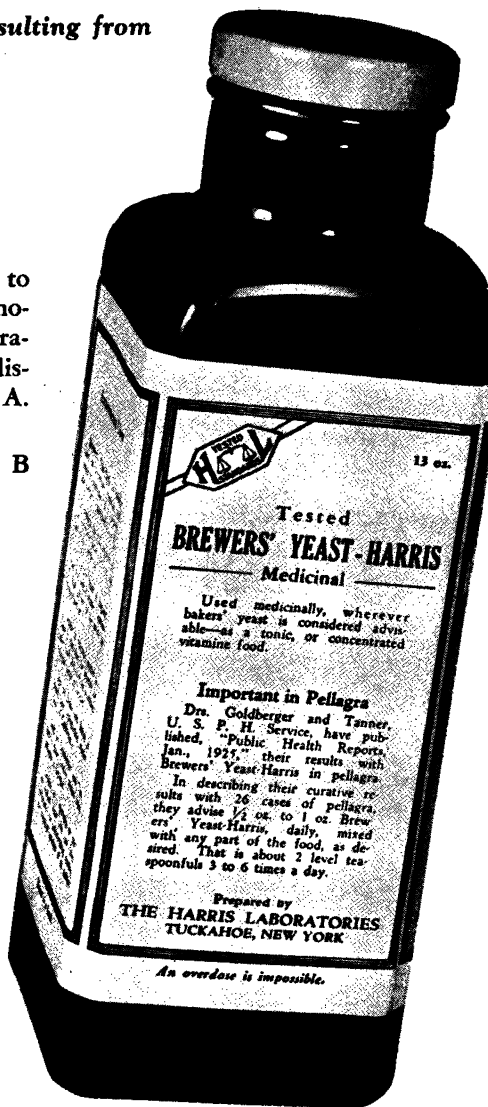
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